



## AFTERSCHOOL PROGRAMS: Fun Physical Activity



**Name of Activity:** "Can you...?"

**Grade Level:** K-2

**Equipment**

- 1 rope per student

**Skill Themes**

- Jumping & Landing
- Transferring Weight
- Traveling

**Movement Concepts**

- Effort (time, force)
- Relationships (with people and objects)

**Organization:**

- Students are scattered, each with a rope.

**Description**

- Challenge students to complete tasks within short time periods. For example:
  - "How many Double Bounces can you do in 30 seconds (1 minute)?"
  - "Within the next minute, how many jumps can you do in a row? Start counting again if you miss."
  - "Count the number of times you miss while doing the Double Bounce for 1 minute. Next time see if you can get less."

**Teaching Suggestions**

- Play music during the challenge time to motivate the students.
- Allow a short time for students to rest and share scores between challenges.
- Remind students to keep track of their previous scores so they can note their improvement.

**Now Try This**

- Provide the same challenges turning the rope backward.
- Select more difficult jumps as the students become more skilled.



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**ShapingNJ**, The State Partnership for Nutrition, Physical Activity and Obesity Prevention

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